

Information Sheet



Brimbank Dads – Active Dads

Active Dads do make a positive difference in children's lives.

Our aim is to help all Brimbank Dads find fun activities to enjoy with their kids, learn about building happy healthy families, and connect with useful local services.

We also have events and resources for Mums, all parents/ grandparents/carers, and diverse family types. All welcome!

Programs and services for dads and families

- Hands on parenting education

This FREE program is an in-home practical skill building parenting program. Parents can have one (1) to six (6) sessions on things like settling baby, toddler tantrums, helping little ones sleep, eat better and ideas for playtime.

Open to Dads and Mums or anyone in parenting role.

We visit parents, or they can come to our office in Derrimut if preferred!

- Family Foundations for Couples

For couples who want to co-operate better and argue less with their partner.

This program has been proven to improve health and happiness outcomes not just for bubs, but for whole families.

Our two parent coaches will visit couples once a week and set them through better communication and how to manage stress to see them through the ups and downs of childhood and beyond!

All family types welcome.

- Brand new Dad?

Containing all the information dads need to support their partner, get to know their baby, know where to seek help if needed, plus some great freebies.

The New Dads pack is handed out to new Dads at Sunshine Hospital – or hand delivered to your door if they're missed at the hospital!



www.ds.org.au/our-services/brimbankdads



Brimbank Dads is supported by the Victorian Government.